

# Ginger

*Zingiber officinale* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** | **T** | **S**

Plant Part: Root

Extraction Method: Steam distillation

Aromatic Description: Hot, spicy

Main Chemical Components:  $\alpha$ -zingiberene,  
 $\beta$ -sesquiphellandrene

## PRIMARY BENEFITS

- Inhalation may ease nausea
- Soothing and calming aroma

## PRODUCT DESCRIPTION

Newly sourced from Madagascar, dōTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system. A featured ingredient in many Asian dishes, ginger has a hot, fragrant flavor and aroma when prepared. In Western tradition, ginger is most often used in sweets such as when used in gingerbread and ginger snaps, giving them their unique ginger smell. Inhalation may ease nausea. Ginger essential oil can also be applied topically or inhaled for a soothing aroma.

## USES

- During a long car ride, diffuse or place a drop of ginger in the palm of your hand and inhale.
- Apply over lower abdomen for a soothing massage.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

